

## Mr. Budget receives RM recognition for force alignment aid

By Ignacio "Iggy" Rubalcava  
222nd Base Support Battalion Public Affairs Office

When people refer to Baumholder's financial management specialist, they always call him Herr Bohrer, Mr. Bohrer or Dieter Bohrer. It's never Bohrer or Dieter. It's not just common courtesy that drives people to show respect for the man. His personality, professionalism and job knowledge transcends all German and American cultural courtesies.

He is Baumholder's "Mr. Budget" and whenever someone needs guidance on anything from generating a routine PR&C, to a last minute, "back against the wall, gotta' commit funds before the end of the fiscal year" action, Herr Bohrer, is their to provide accurate and timely guidance.

Herr Bohrer was recently praised by the U.S. Army Europe Office of the Deputy Chief of Staff for Resource Management but it was not for helping keep the 222nd Base Support Battalion sovereign.

Herr Bohrer played a pivotal role from 1993 to 1999 in the down sizing of the Baumholder military community. No, he was not the "hatchet man." He was the coordinator that ensured Baumholder's German work force remained intact and capable of accomplishing its mission during the turbulent draw down phase of the 90's.

The tasks on hand during this time required a detailed knowledge and understanding of the work force structure and mission requirements that were to be realigned, reassigned and reconfigured. Herr Bohrer professionally applied the vast experience that he gained during his many years of service with the U.S. Army to complete the required planning and implementation for the draw down.

"We are extremely fortunate to have Herr Bohrer on our team," said Fred Wegley, 222nd Base Support Battalion executive officer. His corporate knowledge of the community, his professionalism, and his 'on target' guidance is an invaluable asset to the 222nd BSB, he said. "When Herr Bohrer speaks, we should all



Photo by Ignacio "Iggy" Rubalcava

Dieter Bohrer

listen and follow his guidance."

Lt. Col. Steven N. Miller, 222nd Base Support Battalion commander, echoed Wegley's praise of Baumholder's budget czar during a ceremony for Herr Bohrer when he was officially recognized for his tireless efforts during a difficult period for the 222nd BSB.

"Although Herr Bohrer is being recognized for his contributions to the 222nd BSB for a period well before my arrival in Baumholder, his dedication to duty continues to be reflected in his day to day contributions to the 222nd BSB.

"The 222nd BSB and the Baumholder military community owe Herr Bohrer a tremendous debt of gratitude for the countless hours he dedicated to both his regular job and to ensuring that Baumholder's German work force remained ready to accomplish their mission during a congressionally mandated down sizing of the military community," said Miller.

The icing on Herr Bohrer's cake came in the form of a cash award of DM 7,712, from the Office of the Deputy Chief of Staff for Resource Management in recognition for his hours of service and dedication to the 222nd BSB.

Herr Bohrer also demonstrated his knowledge and abilities during the 1997 and 1998 Headquarters USAREUR Efficiency Reviews when he relentlessly worked to execute efficiencies that saved the command more than \$400 million annually.



Photo by Ignacio "Iggy" Rubalcava

Theresa Gaines, Army Community Services volunteer, places packages of food into boxes to be handed out to Baumholder families during the Christmas holidays.

## Community treats families

By Ignacio "Iggy" Rubalcava  
222nd Base Support Battalion Public Affairs Office

Thanks to the generous outpouring by members and organizations in the Baumholder military community, 208 military families in need were able to have a nice holiday dinner. That's how many food baskets Army Community Service and numerous volunteers put together as part of the annual Holiday Food Basket Program.

"We received 208 requests for food baskets from the various units this year," said Stephanie Fluellen, Consumer Affairs and Financial Assistance Program manager. "Our food donation program actually began before Thanksgiving on Nov. 15," she said.

Donations were received at ACS from throughout the community. Key contributors included Wetzel and Smith Elementary Schools, the commissary, the Nahe Valley Chapter of the Warrant Officer's Association, the Veterans of Foreign Wars Iron Rock Post 2566 and numerous other Baumholder units. The Warrant Officer's Association and VFW organizations made monetary donations. The VFW also contributed several man-hours to help prepare the baskets.

The chapels in Baumholder and Strassburg all took up designated offering for the program, collecting a total of \$2,039.20.

Just wanted to add a few things if it is not too late. Other volunteers that assisted with filling the baskets include; Sara Ferguson, John Ferguson, Staff Sgt. Rodney Cameron, Staff Sgt. Alonzo Fluellen, Dennis Gaines, Kadeja Gaines and Theresa Gaines.

Also assisting with the Christmas basket effort were Randolph Sheetz and the staff of the directorate of logistics. "They went above and beyond the call of duty to ensure that the hams and turkeys were properly stored," said Fluellen. "We ran into a small glitch with storage space and he offered space, manpower and the use of one of his vehicles, if needed, so that the distribution of the perishable items would run smoothly. The S-4 team's assistance made it possible for more than 200 families to enjoy a turkey and ham dinner on Christmas day," she said.

When the baskets were fully packed, representatives from the units requesting baskets picked up the food and distributed it to their unit families. "We do it this way to keep the program confidential," said Fluellen.

"When I sit down to my Christmas dinner I will really appreciate the hard work we put into the Christmas baskets because then I'll realize we were able to provide the same type of meal to the Baumholder community," said Fluellen while she, the ACS staff and the many volunteers were putting the food baskets together in mid December.

## MPs prove their value to community, Army

By 1st Lt. Wade D. Brown  
92nd Military Police Company platoon leader

1999 proved the year in which the 92nd MP Company demonstrated why military police soldiers are the "force of choice." Daily basis, soldiers from the unit, stationed in Baumholder and Darmstadt, provided law enforcement coverage to their communities while preparing for and deploying to hostile areas.

Twenty-four hours a day, seven days a week, the 92nd MP Company provides soldiers to local provost marshals to ensure the security and safety of more than 20,000 military and civilian U.S. military personnel and dependents. This can prove a daunting task since the company has only 85 soldiers during peacetime.

Typical duty consists of eight to 12 hours patrol time. Additionally, soldiers conduct 60 minutes of physical training, 60-minute guard mount procedures and ensure proper maintenance of HMMWV, SINGARS, and M-16, M-249, and MK-19 weapon systems. The 92nd MP Company soldier will usually have duty for 16 to 18 hours, given a 24-hour period, consecutively for five to seven days before getting a respite of no more than two days.

As their brigade motto states, the

92nd MP Company is "ever vigilant."

The law enforcement mission never ceases; it is a commitment MPs must always fulfill. As a corps combat support element, the 92nd MP Company provides area security, maneuver and mobility operations, force protection, and more evident, deploys to support peace enforcement operations within USAREUR and V Corps areas of responsibility.

In 1999, the 92nd MP Company accomplished it all. In January and February of this year, after increasing their law enforcement coverage to include Hanau, the company deployed to Bosnia. In less than 24 hours the company deployed, complete with 145 soldiers and more than \$2 million of weapon, night vision, communications, and mobile war-fighting systems to Sarajevo. Gen. Montgomery C. Meigs, so impressed by the manner in which the unit deployed, gave each soldier a commanding general SFOR coin.

In Sarajevo, the 92nd MP Company provided force security for two NATO compounds with a combined population of more than 2,000. Additionally, 92ndMP personnel provided armed escort of civilians into hostile Serbian territory, provided eyes on surveillance of suspected enemy areas of operations, and provided security for NATO aircraft and weaponry.

What initially was deemed as a 30-day deployment quickly became a four-month deployment. The 92nd MP Company continued to display the professionalism and technical and tactical competency which is the bedrock of the U.S. Army. As the first U.S. force at their particular compounds, the 92nd MP Company impressed both U.S. and NATO soldiers and officials.

The SFOR Chief of Staff personally congratulated the company on how well the unit accomplished its mission and gave NATO medals to four soldiers. In all, soldiers in the 92nd MP Company received the Armed Forces Expeditionary Medal, NATO Medal, 111 Army Achievement Medals, certificates of appreciation, and numerous verbal and written commendations.

The 92nd MP Company continued its commitment to mission accomplishment upon returning home. Deployed in March 1999 and returning in July 1999, the 92nd MP Company immediately began law enforcement duties in five communities, to include Wiesbaden, Hanau, and Giesen. Battalion and brigade elements immediately nominated the unit for the 18th MP Ever Vigilant Award, given to the best MP Company in the 18th MP Brigade, the Army Maintenance Excellence Award, the Army Supply Maintenance Award, and the J.P. Holland Award. Of the aforemen-

tioned awards, the 92nd MP Company won the 18th MP Brigade Ever Vigilant Award, were runners-up in the V Corps Army Maintenance Excellence Award, and are currently at the USAREUR level in the J.P. Holland Award competition.

The 92nd MP Company continues to establish and meet the highest standards in soldier readiness and development. In the past four months, three soldiers made and received promotion to master sergeant, two soldiers made selection and are currently enrolled in Green and Gold programs at civilian colleges and one soldier was selected and is currently attending Officer Candidate School. Additionally, the 92nd MP Company commander, Capt. David J. Detz, was nominated for the General Douglas MacArthur Leadership Award.

Continuing to train, the unit just received notice that it will deploy to Kosovo in the near future for at least eight months. Many would dread a second deployment within four months of the initial deployment. Not the soldiers of the 92nd MP Company.

Having completed individual readiness training and platoon certification at Hoenfels, Germany, the men and women of the 92nd MP Company are once again poised, ready, and most importantly willing to deploy in support and protection "of the troops, for the troops."

**ACAP**  
mil 485-6741

### ACAP focuses on transition assistance

The Army Career Alumni Program offers a variety of services for separating soldiers and their family members. ACAP gives bimonthly Preseparation Briefings and Job Assistance Workshops/Seminars. ACAP clients have access to the internet for job searching.

If you are interested in attending a briefing or finding out more about ACAP please call mil 485-6741 or civ (06783) 6-6741.

### ACAP briefings, seminars on tap

Baumholder's Army Career and Alumni Program offers the following classes through December:

**Preseparation Briefing:** Jan. 18, 8:30 a.m. to noon at the ACAP center. This briefing is mandatory for separating soldiers. Orders are not required to attend. All soldiers must attend a Preseparation Briefing no later than 90 days prior to their separation date.

**Workshop Seminar:** Topics include, skill identification, resume writing, networking, references, and interviewing. This is a two-day event and clients must attend both days. Class dates are:

1 Jan. 18, 1-4 p.m.; Jan 19, 8:30 a.m. to 4 p.m.

For more information or to reserve a space for all classes, contact ACAP at mil 485-6741/6330 or civ (06783) 6-6741/6330.

## Post Notes

**ACS**  
485-7196

### ACS at a glance

A newcomer's coffee is scheduled from 9 to 11 a.m. Feb. 1; March 7 and April 4 in the Army Community Services lounge.

Army Community Service and the Baumholder Library are offering story hour for children in the morning due to many requests from the community. This month, story hour is offered 10 to 11 a.m., Jan. 13 at the Baumholder Library. Other story hours are Jan. 27; Feb. 10, 24; March 9, 23; and April 13, 27.

People who would like to be a guest reader may contact the ACS Outreach Program at mil 485-6252.

FSL meetings are scheduled 10 a.m. to noon Jan. 13, Feb. 3, March 2 and April 6 at ACS.

The Foreign Born Spouses meet from 10 a.m. to noon Jan. 20 in the ACS conference room. Other upcoming meetings are scheduled for Feb. 3, 17; March 4, 18; and April 1, 15.

An Army Family Action Plan meeting is scheduled from 9 a.m. to 4 p.m. March 7 to 8.

A Family Support Group Train the Trainer session is scheduled 9 a.m. to 2 p.m. March 22 in the Rheinlander.

The Foreign Born Spouses are now meeting twice

a month, with the first Thursday of the month being a training and personal development meeting and the third Thursday of the month being a more social gathering and discussion time. The Train the Trainer session March 22 is advanced Family Support Group training to help individuals run their groups.

### ACS classes

Feb. 1, Newcomer's Coffee  
Feb. 2, 16, Anger Management  
Feb. 2, Checkbook Management  
Feb. 3, 17, Child Safety  
Feb. 4, Make Your Portfolio  
Feb. 4, 18, Resumix  
Feb. 7, 14, Parenting Class  
Feb. 9, Conflict Resolution  
Feb. 10, 24, Story Hour (Library)  
Feb. 11, Employment Applications  
Feb. 14-18, Consumer Week  
Feb. 17, Foreign Born Spouses Club  
Feb. 18, Communication  
Feb. 23, Conflict Resolution  
Feb. 25, Interviewing

## DODDS update

### DODDS calendar

#### All schools

Jan. 17, Dr. Martin Luther King Day, no school  
Jan. 27, end of second quarter and first quarter semester  
Jan. 28, no school, teacher work day

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## Baumholder American High School

Jan. 22, Scholastic Aptitude Test  
Feb. 17-19, drama production

## Wetzel Elementary School

Jan. 14, professional development day, no school for students  
Jan. 19, 2:30 p.m. SILT meeting, parent center  
Jan. 20, 2:30 p.m. Student Advisory Council meeting, media center

## Smith Elementary School

Jan. 18, 2:20 p.m. SILT meeting, Room, 204

## High school students jazz it up

Thirty American high school students from throughout Europe present a jazz concert at 8 p.m. Jan. 12 in the Haus des Burgers in Ramstein village.

Students from schools as close as the Ramstein, Kaiserslautern and Baumholder area and as far away as Italy, Spain, Turkey, Bahrain and other parts of Germany will participate. They'll have the opportunity to learn more about jazz while performing with educators like Jiggs Whigham from the University of Berlin, Sam Alexander, Kaiserslautern High School music teacher, Kent Yardley, Ramstein High School music teacher and others. The students, having been hand selected as outstanding music students by their teachers, will work together - their efforts culminating in a concert for the local German and military community.

This is the first time that the European Jazz Festival has been held in this area and the students and teachers invite everyone to the performance.

## Education mil 485-7557

Baumholder's Adult Education Program is now registering students for their January Term. Classes being offered include Conversational German I, Conversational Spanish I, English as a Second Language, Typing/Keyboarding and GED Preparation. Cost is \$40 per class and only cash is accepted.

Soldiers needing help to prepare for military testing to attend PLDC or BNCOC may use the tutoring services offered at the Baumholder Education Center. Call mil 485-6487 for more information.

Registration for Term III classes with the University of Maryland has begun. Stop at the Baumholder Army Education Center, Building 8108 to register.

Stop by the Education Center today for a free copy of "Need a Lift," the financial aid handbook. Other sources of financial aid can be found at the following web sites: [www.fastweb.com](http://www.fastweb.com), [www.finaid.org](http://www.finaid.org), and [www.freschinfo.com](http://www.freschinfo.com).

The Baumholder Education Center is looking for instructors for the BSEP/FAST program. A bachelor's degree is required. Call mil 485-7557 for details.

Free college credit is available for active duty military. Soldiers can turn what they've learned through life experiences or independent study into college credits by passing CLEP examinations. Contact the center at mil 485-6487.

The University of Oklahoma and Cameron University representative from Ramstein AB will visit the Baumholder Army Education Center on the first and third Wednesday of the month, from 11:30 a.m. to 3:30 p.m. The next visit is scheduled for Jan. 19.

Didn't finish high school? GED testing is available at the Baumholder Education Center. Practice tests are available free and instructional materials may be

## Post Notes

checked-out. For more information visit the Baumholder Education Center.

## FSG update

### Know your 47th FSG leaders

The 47th FSB FSG leaders are:  
Battalion, Michelle Stapleton, civ (06783) 980220  
Bravo Company, Barbara Horvath, civ (06782) 7102 (only during evening hours); Greta Zito, civ (06783) 981536; Stacey Pirkle civ (06783) 4329 (only during evening hours)

Charlie Company, Gisella Perkins, civ (06783) 4954  
The 47th FSG is always looking for new volunteers. Please contact the battalion FSG leader, or Sgt. Lisa Collis, Battalion Family Support Liaison, at mil. 485-7040 if you would like to join. Call Collis if you have any questions or concerns.

### 2nd Brigade FSG

Headquarters, Headquarters Company, 2nd Brigade holds its monthly Family Support Group meetings at 6:30 p.m. on the first Tuesday following the monthly community Links meeting in the company dayroom in Building 8252.

## Information

### Kudos

Headquarters, U.S. Army Europe recently announced the fiscal 1999 USAREUR level award for maintenance excellence winners and one of Baumholder's units was among the honorees.

Winner of the TOE/MTOE Intermediate Density Category was Bravo Battery, 2nd Battalion, 3rd Field Artillery Regiment, 1st Armored Division, V Corps.

### Dr. Orange is speaker for MLK observance

The 222nd Base Support Battalion hosts the Dr. Martin Luther King Jr. Day observance Jan. 27 at 1 p.m. in the Baumholder American High School playhouse with Dr. James Orange of Atlanta, Ga. as the guest speaker. Dr. Orange accompanied Dr. King on April 4, 1968, when he was assassinated in Memphis, Tenn.

### EFMP meeting scheduled

The next quarterly Exceptional Family Member Program coordinating meeting is at 9:30 a.m., Jan. 12 in the Army Community Service conference room, Building 8746.

### La Leche League meets

Mothers who wish to breast-feed their babies will find encouragement and information at the monthly meetings for Baumholder's La Leche League. The group meets at 10 a.m. the second Tuesday of every month in Neubrücke housing, Building 9986, Apt. 1-B and the next meeting is scheduled for Feb. 8. For details, call civ (06782) 980109.

## Job Corner

### Local national positions

The following local national jobs are available at Baumholder, Neubrücke and Idar-Oberstein:

Store Worker, pay grade 2 and 3, closing date is March 31, 2000

Sales Store Checker, pay grade 2, 3 and 4, closing

date is March 31, 2000

For more information on these positions, call mil 485-6590, or civ (06783) 6-6590.

### NAF jobs

The following nonappropriated funds positions are available in the Baumholder community at the indicated locations:

#### Smith, Wetzel, Dispensary, Strassburg CDCs

Child and Youth Program Assistant, flexible, \$7.20 per hour, open continuous

#### Rec Emporium

Recreation Aid (fitness), flexible, \$5.50, open continuous

#### Rod and Gun Club

Bar Assistant, flexible, \$5.92, open until filled

#### Iron Works

Waiter/Waitress, flexible, \$5.92, open until filled

Bar Assistant, flexible, \$5.92, open until filled

Food Service Worker, flexible, \$5.92, open until filled

#### Bowling Center

Bowling equipment repair person, regular full time, \$8.50, open until filled

Food Service Worker, flexible, \$5.92, open until filled

For more information on these job opportunities, call the Nonappropriated Funds Civilian Personnel Office at 485-6566.

### Job opportunities at AAFES

Baumholder's Army and Air Force Exchange Service has continuous openings at all of its facilities for custodial workers, warehouse workers, retail cashiers, food service workers and customer service. For more information call the AAFES Human Resource Office at mil 485-7334, or civ (06783) 3086.

### Volunteer opportunities

Are you interested in becoming a Red Cross volunteer? If so, attend the Red Cross monthly volunteer orientation held the third Tuesday of every month at 9 a.m. in the Red Cross classroom. For more information, call the Red Cross at 485-6313.

### Marketing committee chairperson needed

ACS is forming a marketing committee to develop and maintain marketing of Army Community Services programs throughout the Baumholder military community. For more information on this and other ACS volunteer positions, contact Kenda Whittingham, at mil 485-6468 or civ (06783) 6-6468.

### Army Family Team Building needs help

Volunteers needed to help staff the Army Family Team Building Offices at the Wetzel and Army Community Services locations. For more information, contact the AFTB office at mil 485-6468/6565.

### JAG needs tax assistants

The legal office has volunteer positions for volunteer income tax assistants. Duties include screening tax customers, making appointments, and preparing state and federal income tax returns. Volunteers should be able to work shifts of four hours, two days per week or more if they desire. For more information, call mil. 485-6506.

### Youth Services seeks instructors

Baumholder Youth Services Sports is currently seeking martial arts and dance instructors.

### Youth Services looking for volunteer

Smith Youth Services is looking for a volunteer receptionist to work from 2 - 5 p.m., Mondays, Wednesday and Fridays. This person must be friendly, have organizational skills, good customer service, and knowledge of children 6 - 12 years of age. A background check is required.



## Snack bar operator needed

Smith Youth Services is in need of two volunteer snack bar operators; one to work 2 - 5 p.m. on Mondays and Wednesdays and one to work 2 - 5 p.m. on Thursdays and Fridays. A background check is required.

## YS recruiting for coaches

The Youth Services sports director is recruiting men and women basketball coaches and assistant coaches for age groups: 4-5, 6-8, 9-11, 12-14, and 15 and up. Those interested should call Jerry Mayhew, at mil 485-6968 or civ (06783) 6 6968.

## Volunteer needed at safety office

An administrative volunteer position is available at the Safety office. Volunteers should possess general clerical skills to answer phones, take messages, and do light computer work. Time required two to three days a week, two- to three-hour shifts. For more information, call Robin Canuela at mil 485-6277.

## Stop by the volunteer office

All persons interested in volunteering are welcome to stop by the Installation Volunteer Coordinator's Office in the Army Community Services hallway, Building 8746, office 9 for information about volunteering in the Baumholder military community. For more information, contact Jennifer Legg, installation volunteer coordinator, at mil 485-6565/6468 or civ (06783) 6-6565/6468.

## MWR

### Arts and Crafts

The following activities are offered at the Keepsake Arts and Crafts Center in January:

- Mondays, Tuesdays, closed
- Wednesdays through Sundays, Frame and Retail Shop open
- Thursdays, Sundays, Parent Child Clay Play Day
- Jan. 19, Basic Framing
- Jan. 12, Pottery Hand Built Cookie Tray (two-part class)
- Jan. 12, Advanced Matting
- Jan. 14, Ceramic Pouring Class
- Jan. 15, Clay Tile Workshop
- Jan. 21, Free Ceramic Firing
- Jan. 22, Baby Quilt Class

### MWR highlights

The annual Sweetheart Bazaar is Jan. 28 through 30 in Hall of Champions and Rheinland.

DJ Quarter Horse Country plays country and western hits Jan. 14 at the Rod and Gun Club. Call mil 485-6345 for more information.

The Rod and Gun Club holds a snow festival Jan. 21. Dance the night away to your favorite country and western tunes, vote for the snow king and queen, enjoy drink and food specials and win prizes during the various games and contests throughout the evening. Call the club for more details at mil 485-6345.

The 104th Area Support Group Unit Level Super Cup Basketball Tournament is Jan. 15 through 17. Root for your favorite teams as they duke it out to see who's the best in the ASG. Teams will be playing at all their respective base support battalions on Jan. 15. The final 16 teams face off in Wiesbaden and Hanau on Jan. 16 and the final four meet Jan. 17 in Baumholder.

Head back to the '70s during Rock'n'Bowl Jan. 26 at the Baumholder Bowling Center. Enjoy 75 cents games while listening to all of your favorite '70s tunes.

Keepsake Arts and Crafts is looking for instructors for their framing, quilting, ceramics classes and more. Give them a call for more information.

# Post Notes

## Basketball champions near

Root for your favorite Unit Level Basketball Team during the 222nd BSB Unit Level Basketball Championship Feb. 7 to 10 at the Hall of Champions. The top two teams will advance to the 104th Area Support Group Unit Level Basketball Championship in Hanau Feb. 18 to 20.

## Boxing comes to Hall of Champions

Get set for Baumholder's Boxing Night March 11 at the Hall of Champions. Contact the 222nd Base Support Battalion Sports Office at mil 485-7176 for more information.

## Martial arts

Get fit with Tae Kwon Do at the Fitness Studio every Monday, Wednesday and Friday evening. Children's classes are offered from 6:30 - 7:30 p.m. and adults get their chance from 7:30 - 8:30 p.m. Contact the Baumholder Fitness Studio, at 485-6156, for more.

## Racquetball

The 222nd Base Support Battalion hosts the U.S. Forces Europe Racquetball Championship Feb. 11 to 13 at the Mountaineer Fitness Center. Come out and compete or watch the top military and civilian racquetball players in Europe as they battle for first place.

The 222nd BSB Unit Level Racquetball League starts Feb. 14. Only three players are needed from each unit to form a team. Contact the 222nd BSB Sports Office at mil 485-7176 for more information.

## Care for you ski equipment

Baumholder Outdoor Recreation offers all types of ski and snowboard repairs and maintenance including: base repair, base sanding and edging, waxing, and binding testing. All of these services are offered on a same day basis - drop your skis or snowboard off before noon and pick them up again after 5 p.m. that same day. When summer rolls around and you're ready to away your skis or snowboard, Werner Graf, Outdoor Recreation director, recommends having them tuned up and storing them in a dry place. Call Outdoor Recreation at mil 485-7182 for more information on ski and snowboard services.

## Trip out with outdoor Rec

Outdoor recreation offers the following trips in February:

- Feb. 5, ski trip to Feldberg, Black Forest
  - Feb. 18 to 21, ski trip with two overnights to Dorfgasstein, Austria
  - Feb. 26, ski trip to Feldberg, Black Forest
- Take advantage of Outdoor Recreation's same day ski and snowboard maintenance and repair before taking off on any of these trips.

## Take care of your heart for Valentine's Day

The Baumholder Fitness Studio presents the Healthy Heart Aerobathon Feb. 26 from 2 to 6 p.m. Participants will be able to get their hearts pumping with a day of fitness featuring several different kinds of continuous aerobic demonstrations. Participants can also visit a variety of fitness and wellness booths to pick up tips on keeping themselves healthy. All of this takes place at the Hall of Champions. The Healthy Heart Aerobathon is open to everyone, Military ID card holders pay \$5, others pay \$10 per person.

Call the Fitness Studio at mil 485-5156 for more.

## Splash your way to fitness

Splash your way to a better body during water aerobics every Tuesday and Thursday from 7 to 8 p.m. at the Baumholder indoor pool.

## Get fit at the Mountaineer

Step aerobics is offered at the Mountaineer Fitness Center Tuesdays and Fridays from 9:30 to 11 a.m. Each class is \$3 or buy 10 classes for \$25. Call the Fitness Studio for more information at mil 485-6156.

## Dance your way to fitness

Jazzercise is offered Mondays and Thursdays from 9:15 - 10:15 a.m. at the Mountaineer Fitness Center. Each class costs \$3 or buy 10 classes for \$25. The first class is free.

## Sweetheart ball at Rod and Gun

The Rod and Gun Club hosts a Sweetheart Ball Feb. 11, at 9 p.m. Come in your best duds to compete in the best dressed contest and make plans to dance the night away to your favorite songs played by DJ "Quarter Horse Country."

## Go back to the rockin' '70s

Go back in time with the Baumholder Bowling Center on the second and fourth Wednesday of each month with "Back to the '70s Rock 'n' Bowl." Enjoy a variety of music from the 1970s and 75 cent games from 7 - 10 p.m. For more information call mil 485-6569.

## Quick club calendar

- Mondays, Fridays, lunch, Mel's Diner
- Wednesdays, Saturdays, dinner, Rudy's Bar and Grill
- Wednesdays, Sundays, breakfast, Rod and Gun Club
- Wednesdays, Sundays, dinner, Rod and Gun Club
- Sundays and Tuesdays, football, Iron Works
- Wednesdays, Fridays, lunch, Rod and Gun Club
- Wednesdays, Darts, Rudy's Bar and Grill, 8 p.m.
- Thursdays, pool tournament, Rudy's Bar and Grill, 8 p.m.
- Thursdays, Iron Single Soldier Night, Iron Works
- Thursdays, oldies but goodies, Iron Works Club
- Fridays, late night dinner, Mel's Diner
- Fridays, R&B night, Iron Works Club, 9 p.m. to 4 a.m.
- Fridays, TGIF at the BUB, Rheinland
- Fridays, dinner, Rheinland
- Fridays, band or DJ, Rod and Gun Club
- Saturdays, band or DJ, Rod and Gun Club
- Saturdays, early morning breakfast, Mel's Diner

## Red Cross mil 485-1760/6313

## Red Cross class roundup

The next Healthy Pregnancy, Healthy Baby Course is Jan. 14 and 15.

The next Red Cross Baby Sitting Course is Jan. 21 and 22.

The next CPR for the Professional Rescuer Course is scheduled Jan. 28 and 29.

## Red Cross has new emergency numbers

The American Red Cross has new emergency after hour telephone numbers. Their new emergency assistance numbers are mil 431-2334, or civ 07031-15-334.

The Baumholder Red Cross regular phone numbers for use Mondays through Fridays from 8 a.m. to 4:30 p.m. (except holidays) and their telephone numbers are mil 485-1760/6313, or civ (06783) 6-1760/6313.

## Red Cross offers Disaster training program

The Baumholder American Red Cross Disaster Program is looking for motivated people who have six to 16 hours a month free. If you are interested in how The Red Cross handles major disasters contact Wayne Rogers mil 485-6181 or the American Red Cross office at mil 485-1760.